

WHEN SHOULD I CALL MY HEALTH CARE PROVIDER?

Children

GET IMMEDIATE CARE:

- ▶ Noisy, rapid or difficult breathing
- ▶ Neck pain or stiffness
- ▶ Blue or gray around lips, mouth or fingernails
- ▶ Will not wake up easily

CALL YOUR PROVIDER ABOUT:

- ▶ Fever
 - Age 2 months or less: 100.2° F or higher
 - 3–6 months: 101° F or higher
 - Over 6 months: 103° F or higher
 - Fever for more than 2 days
- ▶ Body rash
- ▶ Worsening pain in one or both ears
- ▶ Cannot keep fluids down or refuses to drink
- ▶ Infant with fewer wet diapers or no tears
- ▶ Continued vomiting
- ▶ Cold symptoms for more than 10 days
- ▶ Other symptoms that concern you

- Antibiotics do not kill viruses.
- Most colds, coughs, and sore throats are caused by viruses.
- As much as 50% of antibiotic use is unnecessary.
- Using antibiotics when they are not needed may harm you or your child by creating stronger germs.

Adults

GET IMMEDIATE CARE:

- ▶ Painful or difficult breathing, wheezing, or difficulty swallowing

CALL YOUR PROVIDER IF:

- ▶ Pregnant with cold symptoms
- ▶ Heavy smoker with cold symptoms
- ▶ Chronic illness (such as lung problems, diabetes or heart disease) with cold symptoms
- ▶ Symptoms worsen after 3 days
- ▶ Still sick after 10 days
- ▶ Pus in the back of your throat
- ▶ Fever for more than 3 days
- ▶ Severe headache with fever
- ▶ Worsening pain in one or both ears
- ▶ Severe sore throat pain without runny or stuffy nose

**YOUR BODY WILL FIGHT
A COLD ON ITS OWN.
COLDS CAN LAST LONGER
THAN TWO WEEKS.**

**WASH YOUR HANDS OFTEN
WITH SOAP AND WARM WATER
TO PREVENT THE SPREAD OF COLDS.
ANTIBACTERIAL SOAPS ARE
NOT NEEDED.**

For more information:
www.doh.wa.gov/Topics/Antibiotics/



For persons with disabilities this document is available on request in other formats. To submit a request, call 1-800-525-0127 (TDD/TTY 1-800-833-6388).

Developed by:



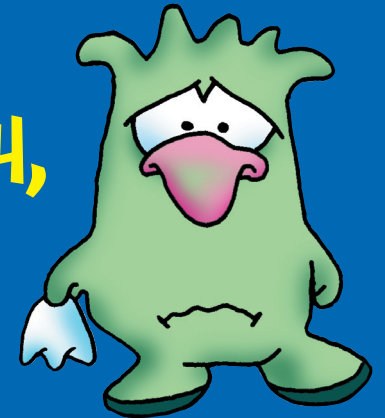
Endorsed by:



Sources:

American Academy of Pediatrics, Centers for Disease Control and Prevention, Mayo Clinic, South Carolina Careful Antibiotic Use Taskforce







**What can I do
to Fight a
COLD,
COUGH,
OR
SORE THROAT?**



**KNOW COMMON
SYMPTOMS AND
EFFECTIVE REMEDIES**



SELF CARE FOR COLD SYMPTOMS

	Symptoms	Home Remedies	Over-the-Counter (Read the label for a child's dose)	Active Ingredient	Common Brand Names* (Also look for generic or store brands)
	Stuffy Nose	<ul style="list-style-type: none">• steam inhalation• salt water nose drops	<ul style="list-style-type: none">• decongestant—thins the mucus	<ul style="list-style-type: none">• phenylephrine	<ul style="list-style-type: none">• Neo-Synephrine, Sudafed PE
	Runny Nose	<ul style="list-style-type: none">• for red, raw nose, dab on petroleum jelly or salve, or use tissues with lotion	<ul style="list-style-type: none">• antihistamine—dries you up	<ul style="list-style-type: none">• diphenhydramine• chlorpheniramine• loratadine	<ul style="list-style-type: none">• Benadryl• Chlor-Trimeton• Claritin, Alavert
	Cough (dry-hacking)	<ul style="list-style-type: none">• drink more water• use a room humidifier• suck on hard candy• gargle (warm salt water)	<ul style="list-style-type: none">• cough suppressant—helps stop the cough	<ul style="list-style-type: none">• dextromethorphan	<ul style="list-style-type: none">• Delsym
	Cough (moist)	<ul style="list-style-type: none">• drink more water	<ul style="list-style-type: none">• expectorant—helps cough up mucus	<ul style="list-style-type: none">• guaifenesin	<ul style="list-style-type: none">• Robitussin, Mucinex
	Sore Throat	<ul style="list-style-type: none">• gargle (warm salt water)• don't smoke• suck on hard candy	<ul style="list-style-type: none">• throat lozenges	<ul style="list-style-type: none">• menthol• benzocaine	<ul style="list-style-type: none">• Halls, Vicks, Luden's• Cepacol, Chloraseptic
	Fever/ Muscle Aches	<ul style="list-style-type: none">• sponge bath• cool compress• rest in bed• heating pad on sore muscles• relaxation techniques	<ul style="list-style-type: none">• analgesic—pain-killer	<ul style="list-style-type: none">• acetaminophen• aspirin (adults over 20)• ibuprofen• naproxen	<ul style="list-style-type: none">• Tylenol• Anacin, Bayer, Bufferin, Ecotrin• Advil, Motrin IB, Nuprin• Aleve
	Watery Eyes/ Sneezing	<ul style="list-style-type: none">• avoid things you are allergic to or that cause irritation	<ul style="list-style-type: none">• antihistamine—dries you up and may relieve itchy eyes	<ul style="list-style-type: none">• diphenhydramine• chlorpheniramine• loratadine	<ul style="list-style-type: none">• Benadryl• Chlor-Trimeton• Claritin, Alavert
			<ul style="list-style-type: none">• decongestant	<ul style="list-style-type: none">• phenylephrine	<ul style="list-style-type: none">• Neo-Synephrine, Sudafed PE
	Earache	<ul style="list-style-type: none">• place a warm wash cloth or heating pad set on low against the sore ear• drink more water• rest	<ul style="list-style-type: none">• analgesic—pain-killer	<ul style="list-style-type: none">• acetaminophen• ibuprofen	<ul style="list-style-type: none">• Tylenol• Advil, Motrin IB, Nuprin
			<ul style="list-style-type: none">• decongestant	<ul style="list-style-type: none">• phenylephrine	<ul style="list-style-type: none">• Neo-Synephrine, Sudafed PE

- ✔ Consult your physician if you are pregnant or breastfeeding.
- ✔ Read the entire label about warnings and proper use before taking medication.

- ✔ Ask your pharmacist or physician about drug interactions if you are taking any other medication or herbal product.
- ✔ Ask your pharmacist about children's brands and dosages.

* Brand names are listed as examples and do not imply endorsement.



Dear Colleague,

The Washington State Department of Health (DOH) provides print-ready files (PDFs) of health education materials. To ensure that the original quality of the piece is maintained, please read and follow the instructions below and the specifications included for professional printing.

- **Use the latest version.** DOH materials are developed using the most current information available, are checked for clinical accuracy, and are field tested with the intended audience to ensure they are clear and readable. DOH programs make periodic revisions to educational materials, so please check this web site to be sure you have the latest version. DOH assumes no responsibility for the use of this material or for any errors or omissions.
- **Do not alter.** We are providing this artwork with the understanding that it will be printed without alterations and copies will be free to the public. Do not edit the text or use illustrations or photographs for other purposes without first contacting us. Please do not alter or remove the DOH logo, publication number or revision date. If you want to use a part of this publication for other purposes, contact the Office of Health Promotion first.
- **For quality reproduction:** Low resolution PDF files are intended for black and white or color desktop printers. They work best if you are making only one or two copies. High resolution PDF files are intended for reproducing large quantities and are set up for use by professional offset print shops. The high resolution files also include detailed printing specifications. Please match them as closely as possible and insist on the best possible quality for all reproductions.

If you have questions, contact:
Office of Health Promotion
P.O. Box 47833 Olympia, WA 98504-7833
(360) 236-3736

Sincerely,
Health Education Resource Exchange Web Team

P R I N T I N G S P E C I F I C A T I O N S

Title: **What Can I Do to Fight a Cold, Cough, or Sore Throat? (brochure)**

Size: 14 x 8.5

Paper stock: 80# text gloss white

Ink color: 4-color process

Special instructions: 2-sided printing with full bleeds on one side. Finished job folds to 3.5 x 8.5

DOH Pub #: 130-041